Name : Super Size Me

1. How many Americans eat a meal in fast food restaurants daily?
2. If we consider this project an experiment, why did Morgan makes several doctors visits before he started this project?
3. In general what was Morgan’s health status at the beginning of this project?
4. What effects do doctors think this will have on him?
5. What was Morgan’s starting weight and body percentage?
6. How many calories should Morgan eat to maintain his weight?
7. How many calories does Morgan eat each day on his McDonald’s diet?
8. Roughly how many steps walking?
   1. How many steps does a average office worker take a day?
   2. How many steps does Morgan limit himself to?
9. How many McDonalds are in Manhattan alone?
   1. Is that a lot?
10. What does Morgan’s girlfriend do?
11. What are Morgan’s rules for this project?
12. List 4 ways that McDonalds markets directly to children?
13. With their current diets, 1 in 4 American will develop what disease (2000 stat)?
14. How did Morgan feel after his first supersize meal?
    1. Why did you think this happened?
15. Why is the processing of Chicken McNuggets a health issue?
16. How much did Morgan gain in 5 days?
    1. His second weigh in?
17. What is the general health of Morgan’s liver after the project?
18. On day 21, Morgan’s doctors told him to do what? Why?
19. Morgan experiences withdrawal-like symptoms between meals and addictive type euphoria after a meal. What’s physiologically going on inside his body at these different times?
20. What are the results of Morgan’s final weigh in?
21. What was the result of the McDonald’s lawsuit court case? Do you agree or disagree with the ruling? Explain.
22. How long does it take Morgan to lose all the weight he gained in this 30-day project?

QUESTIONS FOR YOU TO PONDER….THINK ABOUT THEM AND THEN ANSWER

1. What can be done to reduce the obesity problem in the US?
2. How often do you eat fast food? Do you feel you could stop? Why or why not?
3. Did this movie change your view of fast food? Did this movie change your view of your own eating habits?
4. Do you believe that people can have food addictions? Why or why not?